

PENNE, SPAGHETTI, NOODLES

Penne and Vegetable Salad

Almost any spring vegetable can be used—for a change, try peas or diced zucchini

 makes 4–6 servings
 prep 20 mins • cook 25 mins

1lb (450g) penne
3 cups broccoli florets
2 cups asparagus tips
1 cup snow peas, trimmed
2 large carrots, cut into julienne
2 tbsp chopped basil or oregano

For the vinaigrette
1/3 cup red wine vinegar
1 tbsp Dijon mustard
1 garlic clove, minced
salt and freshly ground black pepper
1/2 cup extra virgin olive oil

1
Cook the penne in a large pot of lightly salted boiling water, according to the package instructions, until al dente.

2
Meanwhile, steam the broccoli and asparagus for 4 minutes. Add the snow peas and carrots and steam about 3 minutes



more, until the vegetables are crisp-tender. Remove from the heat.

3
Whisk the vinegar, mustard, and garlic in a large bowl, then gradually whisk in the oil. Drain the pasta well and add to the bowl. Toss in the vegetables and basil. Season with salt and pepper. Serve warm.

Good with hot crusty garlic rolls.




Variation

Creamy Pasta Primavera
In place of the vinaigrette, add 2/3 cup crème fraîche and 1 tsp whole-grain mustard to the vegetables and pasta. Thin with a little of the pasta cooking water if necessary.



Spaghetti Mare e Monti

This pasta dish combines ingredients from the sea (mare) and from the mountains (monte)

 makes 4–6 servings
 prep 15 mins, plus soaking
cook 15 mins
 low in saturated fat

1/2oz (15g) dried porcini mushrooms, rinsed
2/3 cup boiling water
tbsp extra-virgin olive oil
6oz (175g) white mushrooms
2 garlic cloves, minced
1 bay leaf
6 ripe plum tomatoes, peeled, seeded, and chopped
2/3 cup dry white wine
8oz (225g) medium shrimp, peeled and deveined
salt and freshly ground black pepper
1lb (450g) dried spaghetti

1
Combine the porcini and boiling water in a bowl. Let stand for 30 minutes. Remove the mushrooms with a slotted spoon and chop them. Strain the soaking liquid through a fine sieve and reserve. Bring a large pot of salted water to a boil.

2
Heat the olive oil in a large frying pan over medium-high heat. Add the white mushrooms and cook, stirring often, about 5 minutes, until golden. Add the porcini and garlic and cook for 30 seconds. Pour in the porcini liquid, add the bay leaf, and simmer until the liquid is reduced to a glaze. Reduce the heat to low.

3
Add the tomatoes and wine and simmer for 7–8 minutes, until the liquid is slightly reduced and the tomatoes are beginning to break down. Remove the bay leaf. Add the shrimp and cook for 1 minute, or until just opaque. Season with salt and pepper.

4
When the sauce is almost done, cook the spaghetti in the boiling water according to the package directions until al dente. Drain well, then return to the pot. Add the sauce and toss well. Transfer to deep bowls and serve hot.

COOKING TECHNIQUES

Crispy Rice Noodles with Beef

A combination of crunchy textures and Asian flavors

🍴 makes 4 servings

🕒 prep 20 mins • cook 15 mins

vegetable oil, as needed
5oz (140g) dried rice vermicelli
3 tbsp soy sauce
2 tbsp oyster sauce
1 tbsp light brown sugar
12oz (350g) sirloin steak or fillet mignon, thinly sliced
2 garlic cloves, thinly sliced
1 tsp peeled and shredded fresh ginger
12 thin asparagus spears, cut into 1in (2.5cm) lengths
6 scallions, white and green parts, cut into 1in (2.5cm) lengths
1/4 cup chopped cashews
Asian sesame oil, for serving

1

Heat 2in (5cm) oil in a large saucepan over high heat. Break the vermicelli into 7 or 8 portions. In batches, add to the hot oil and cook for a few seconds until they turn white and become crisp. Transfer to paper towels. Keep warm.

2

Mix the soy sauce, oyster sauce, sugar, and 1 tbsp water. Heat 2 tbsp oil in a wok over high heat, stir-fry the beef for 2 minutes, until browned. Transfer to a plate.

3

Add 1 tbsp oil, and stir-fry the garlic and ginger for 30 seconds. Add the asparagus and scallions, stir-fry for 2 minutes, then add the sauce and beef to the pan. Stir-fry until the sauce is thick and boiling. Divide the rice vermicelli among 4 plates. Pile the stir-fry on top, top with cashews, drizzle with sesame oil, and serve immediately.

